

# WEST SPA 5 AREA HEALTH OFFICE Chronicle

A publication for friends and neighbors of the West Service Planning Area



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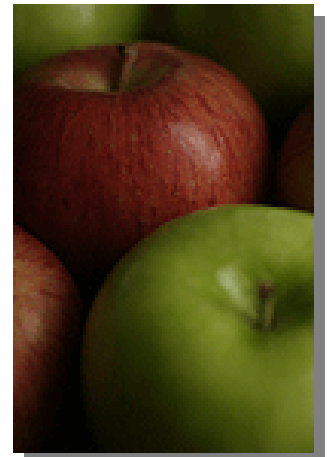
## American Cancer Society Releases New Nutrition and Physical Activity Guidelines; Recommendations Urge More Physical Activity, Community Action

For ATLANTA — November 22, 2004 — The American Cancer Society's Nutrition and Physical Activity Guidelines for Cancer Prevention place more emphasis on the importance of physical activity for both youth and adults, and provide a first-time recommendation for communities to play a role in improving the health of their residents.

“People planning to make changes in their diet and looking to adopt a healthier lifestyle should be sure to also include a strong commitment to regular physical activity,” said Tim Byers, MD, MPH, professor, Preventive Medicine at the University of Colorado Health Science Center and national volunteer for the American Cancer Society.

“These healthier behaviors are made easier if governments, worksites, schools and neighborhoods

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## The Los Angeles County Sexually Transmitted Disease Program Health Education Unit Community Resources

“The mission of the Health Education Unit is to increase the capacity of individuals, organizations and the community to prevent STDs, limit adverse physical and psychological consequences of STDs, and promote sexual health.” Toward this end, the following is a description of resources available to the community.

**Staff Training:** STD workshops and other specialized trainings are

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## American Cancer Society Releases New Nutrition and Physical Activity Guidelines;

Recommendations Urge More Physical Activity, Community Action (Continued from page 1)

help facilitate them and provide access to the resources people need.”

According to the Society, nearly one-third of the more than 500,000 annual U.S. cancer deaths are attributable to diet and physical activity habits. The Society’s newest guidelines, similar to earlier versions, stress adopting a diet with a wide variety of healthy foods that are primarily plant-based. They advise eating five or more daily servings of vegetables and fruits and recommend eating whole grains over refined grains for more nutrients and fiber. In addition, based on evidence that cancer risk is influenced by the *type* of fat consumed, rather than simply the total amount, the guidelines recommend limiting the intake of foods high in saturated fat. The new guidelines also urge people to limit their consumption of alcohol if they drink at all, and to lose weight if overweight or obese.

“Maintaining a healthy weight is important to reduce cancer risk. The most healthful way for people to do this is to make healthy dietary choices and to increase their level of physical activity,” said Byers. Physical activity affects cancer risk indirectly, through its role in helping to prevent overweight and obesity, and also plays a more direct role. For example, with colon cancer, physical activity accelerates the movement of food through the digestive system, which reduces the time that the lining of the bowel is exposed to potentially cancer-causing substances. Physical activity’s likely role in breast cancer risk reduction is that it decreases the amount of exposure of breast tissue to circulating estrogen.



“Based on this evidence, we encourage people to be active for at least thirty minutes on five or more days of the week,” Byers said. “And children and teens need to be active at least an hour every day.” New to this edition of the Society’s guidelines are recommendations for changes in communities, workplaces and schools to ensure that Americans have opportunities to be physically active and eat healthfully.

“Physical education in schools, zoning and urban planning to provide and promote activity, worksite policies and programs that support activity are examples of issues that are critical if people are going to be successful in changing their lifestyles for the better over the long-term,” said Colleen Doyle, MS, RD, director of nutrition and physical activity for the American Cancer Society.



Every five years, the Society works with experts in the fields of nutrition, physical activity and cancer prevention to review current scientific evidence and develop recommendations that reflect the best of what is known about the relationship between diet, activity and cancer risk. For information about the guidelines, and to obtain a copy of “Living Smart,” the American Cancer Society’s

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## The LA County STD Program Health Education Unit

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available year-round at the STD Program office, and can be scheduled at agencies with 20 or more staff requiring training. For a list of scheduled workshops or to request a workshop at your site, please contact Emma Fredua at (213) 744-4574.

**STD Presentations:** STD educational presentations are provided in English, Spanish, and Cambodian to students, clients, patients and other community members. Presentations and workshops are tailored to audience needs. Materials are also available for staff of community-based agencies and schools to provide their own STD presentations. Please call (213) 744-5949 to schedule a presenter.



**Health Fairs and Outreach Events:** Staff are available to attend health and community fairs, and other events such as night clubs, bars, and dances. Staff can answer questions, distribute condoms and STD educational materials, and play interactive games. Please contact Susan Perez at (213) 744-5981.

**Prevention Connection:** This special project trains owners of barbershops, salons, pharmacies, and other businesses to provide STD prevention education, referrals, educational materials, and condoms to customers. Contact Phoebe Macon at (213) 744-5955.

**Positively Speaking:** Persons living with HIV/AIDS are available as trained presenters in classrooms and other youth settings through the "Positively Speaking" program. Contact Sally Villanueva at (213) 744-5238 for a speaker. Teachers in LA Unified, please call (213) 625-6429.

## Hope Blooms With First Flower of Spring American Cancer Society Celebrates Daffodil Days, Cancer Patients Receive Gifts of Hope

Now through February 28, the American Cancer Society's Daffodil Days campaign will raise funds for cancer research, education and patient services through the sale of daffodil bouquets of all shapes and sizes. The sunny first flower of spring represents the hope brought to millions of cancer patients and survivors in the US through advances in cancer detection and treatment made possible by the American Cancer Society research.

For example, although cancer is the leading cause of death among children 1- 14 in the US,

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## Hope Blooms With First Flower of Spring

### American Cancer Society Celebrates Daffodil Days, Cancer Patients Receive Gifts of Hope

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the future for children with cancer is looking up. Thanks to innovative laboratory discoveries, more than 70% of children with cancer now look forward to long, cancer-free lives.

Advance orders for daffodils by the bunch or arrangement will take place through February 28, 2003, with delivery the week of March 14, 2005. Individuals may order blooms for friends, family and coworkers to support the fight against cancer. Corporations can also spread the joy of spring and hope by purchasing corporate arrangements for clients or by anonymously sponsoring Gift of Hope bouquets to be delivered to cancer patients at hospitals and treatment centers.

Daffodils are available through local offices of the American Cancer Society throughout California. Donations to fight cancer range from \$10 for a bunch of 10 blooms to \$110 for a lavish corporate arrangement. Delivery is free for orders of more than \$100 delivered to a single location. To place an order, please call you're American Cancer Society at 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, advocacy and service.



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## FDA & You Food Quiz

- If you touch raw meat or chicken before you touch anything else you should:**
  - Wash your hands with hot soapy water
  - Wipe your hands on a paper towel
  - Wipe your hands on your pants
- Eating raw cookie dough made with raw eggs is OK.**  
True or False
- The best way to defrost frozen meat or chicken is to:**
  - Place it on the kitchen counter for a few hours
  - Place it in the refrigerator overnight
  - Microwave it
- At a party, picnic or family meal, it's OK to leave food on the table for:**
  - No more than 2 hours

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## American Cancer Society Releases New Nutrition and Physical Activity Guidelines;

Recommendations Urge More Physical Activity, Community Action (Continued from page 2)

guide to eating healthy and being active, call toll-free 1-800-ACS-2345 or visit the American Cancer Society website at [www.cancer.org](http://www.cancer.org).

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.

## FDA & You Food Quiz

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4. **At a party, picnic or family meal, it's OK to leave food on the table for:**
  - B. No more than 6 hours
  - C. No more than 3 hours
5. **When packing food for lunch or a picnic, refrigerated food will be OK for several hours if:**
  - A. The food is in a cooler
  - B. A special ice pack is included
  - C. The food was frozen

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Answers at bottom of page

## SPA 5 Children's Planning Council Community Building Small Grants



the SPA 5 Children's Planning Council  
invites you to apply

COMMUNITY BUILDING SMALL GRANTS PROGRAM  
**\$500 - \$1000 AVAILABLE**

**Who**  
Groups, organizations, clubs, or associations working with parents, youth and young adults, ages birth through 24 years of age

**Purpose**  
An opportunity to positively impact community or school readiness/school success in SPA 5

**For an Application Form or if you**

**have questions, please contact:**  
**Maria Marquez**  
SPA 5 Planning Council  
2210 Lincoln Blvd., #10  
Venice, CA 90291  
**Phone: (310) 391 - 1578**  
**res6m9x5@verizon.net**

Attention: Community Building Small Grants Program

**Deadline: Feb. 18<sup>th</sup>, 2005**

**Examples of Fundable Activities**

**Beautification:** Planting trees, clean-up activities, etc.

**Youth Development:** Reading and literacy workshops, teen employment projects, etc.

**Neighborhood Pride:** Annual neighborhood festivals, welcome signs, etc.

**Community Safety:** Security lighting, self-defense strategies for citizens, etc.

**Community Capacity Building:** Literacy or community education.

## Food Quiz Answers

1. If you touch raw meat or chicken, before you touch anything else you should:
 

Answer: A - Wash your hands with hot soapy water. Raw meat or chicken can have bacteria on it which can get on your hands as well as dishes and utensils. Always wash your hands with warm water and soap for at least 20 seconds before and after you touch raw food. And never put cooked food on the dish that held raw food.
2. Eating raw cookie dough made with raw eggs is OK.
 

Answer: False - Cookie dough contains uncooked eggs and may carry bacteria which causes food poisoning. So, wait until the cookies are done before digging in.
3. The best way to defrost frozen meat or chicken is to:
 

Answer: B & C - Place in refrigerator overnight or microwave. Meat, poultry and seafood need to stay cold while they thaw. So, the best way to thaw them is in the refrigerator for 1 to 2 days before you cook the food OR in the. When defrosting meat in the microwave be sure to use the "defrost setting" and cook the food right away.
4. At a party, picnic or family meal, it's OK to leave food on the table for:
 

Answer: A - If meat is left out for 2 or more hours, germs can grow. So, put leftovers in the refrigerator or freezer as soon as you finish eating. Put them in shallow dishes so they cool faster. Be sure to eat leftovers in the next few days, before they go bad.
5. When packing food for lunch or a picnic, refrigerated food will be OK for several hours if:
 

Answer: A, B & C - Actually, all three of these answers are correct. As long as the food is kept cold it is fine to take on a picnic even on a hot day.

## SPA 5 CHRONICLE

### Selected Reportable Diseases (Provisional Data)

## SPA 5 EXECUTIVE TEAM

Acting Area Health Officer: Martina Travis, B.S.N., M.P.H.  
Area Medical Director: Maxine Liggins, M.D.  
Director of Operations: Willie Mae Howard, M.P.A.  
Nurse Supervisor: Joy Bostic, RN, PHN, MSN, MPH, FNP  
Epidemiology Analyst: Farimah Fiali  
Health Educator: Jeremiah R. Garza, MA, MPH, CHES  
Health Ed. Coordinator: Teresa Level  
Public Health Investigation: Ali Farjadi  
Carolyn Weinrieb  
Community Worker: Teresa Garcia  
Intermediate Typist Clerk: Hector Altamirano  
Nursing Staff: Maggie Cueva, RN, PHN, MSN, FNP  
Linda Flores, RN  
Beryl Inouye, RN, PHN, BSN  
Liz Kane, RN, PHN, BSN  
Jennifer Kilburn, RN, PHN, BSN  
Mary Singuas, RN, PHN, BSN, MST  
Tsehay Minas, RN, PHN, BSN  
Olivia Gutierrez, RN, PHN, BSN

## MANAGING EDITOR

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Disease	Jul-Sep 04	Jul-Sep 03
AIDS	49	38
Amebiasis	5	4
Campylobacteriosis	46	40
Chlamydial Infections	347	334
Encephalitis	0	0
Gonorrhea	110	132
Hepatitis Type A	1	1
Hepatitis Type B	2	0
Hepatitis Type C	0	0
Measles	0	0
Meningitis, Viral/Aseptic	12	23
Meningococcal Infections	0	2
Non-gonococcal Urethritis	42	45
Pertussis	1	2
Salmonellosis	30	29
Shigellosis	11	12
Syphilis, primary & secondary	10	5
Syphilis, early latent (<1 yr.)	4	6
Tuberculosis		

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\*Data are provisional due to reporting delay.



## WEST SPA 5 CHRONICLE

West Area Health Office  
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**Public Health Mission: To safeguard and improve the health of all Los Angeles County residents.**